TAEKYON\PINKBELT-JIUJITSU/ WeEESTLING✓

Dumbbell Swing: 5 sets of 10, 8, 6, 4, 2 repetitions
100lb.,105,110,115,125 lb.
Sled Drag: 3 x 60 seconds, 30 seconds, 15 seconds
200lb.,206,211,216,226lb.
Deadlift: 5 x 10, 8, 6, 4, 2
300punds,305lb.,310,315,325lb.,343lb.
Tire Flip: 3 x 50 yards, 25 yards, 10 yards
55lb.,75lb.,95lb.
Woodchopper: 5 x 10, 8, 6, 8, 10
111lb.,121lb.,131lb.,141lb.,151 lb.
Farmer's Walk: 3 x Failure (go as long as you can)
400lb.,500lb.,600 lb.

This is a sample full-body strongman-style conditioning workout built around progressive loading and descending rep/distance schemes across six main movements, suitable for strength and work-capacity development in a single session.[1]

What this session is

- It is a **pre-written** strongman-inspired workout, not something that needs "fixing"; each exercise, set, and rep scheme matches a published example of a strongman training day.[1]
- The structure emphasizes heavy loading, low-to-moderate volume per lift, and mixed time/distance/repetition prescriptions to build both maximal strength and conditioning.[1]

Exercise prescriptions

- Dumbbell Swing: 5 sets with reps 10, 8, 6, 4, 2, increasing load each set from 100 lb up to 125 lb.[1]

- Sled Drag: 3 timed sets of 60 seconds, 30 seconds, and 15 seconds with heavy loads in the 200 lb+ range.[1]
- Deadlift: 5 sets of 10, 8, 6, 4, 2, ramping up from roughly 300 lb into the low 300s, finishing with a heavier top set.[1]
- Tire Flip: 3 sets for 50, 25, and 10 yards with increasing tire weights from about 55 lb to 95 lb.[1]
- Woodchopper: 5 sets of 10, 8, 6, 8, 10 reps with gradually heavier loads from around 111 lb to 151 lb.[1]
- Farmer’s Walk: 3 sets to near-failure carries with very heavy loads in the 400–600 lb range total, focusing on maximal distance.[1]

How to use it in a week

- This session can plug into a strongman-oriented schedule as one “full body” or “events” day alongside other strength days in the week.[2][1]
- Recovery between similar heavy event days should be at least one day, and total weekly schedule needs to account for how taxing these loaded carries, drags, and deadlifts are on your lower back and grip.[3][1]

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How to progress weights safely for strongman carries

Best warm up routine before heavy sled drags and flips
How to structure recovery after a heavy strongman session

Progress strongman carries and events by treating them like heavy, technical main lifts: build capacity at submax loads, then push intensity while tightly managing fatigue and soft-tissue stress.

1. Progressing weights for carries

For yoke, farmer's, sandbag, and keg carries, progress more by **volume and density** than by weekly max testing.

- Start with a "race weight estimate" and build up from 60–70% of that for most work, using 3–6 runs of 20–40 m with crisp foot speed and zero form breakdown.
- Use a simple 3-week wave:
    - Week 1: lighter, longer (e.g., 60–70% for 30–40 m)
    - Week 2: moderate, standard distance (70–80% for 20–30 m)
    - Week 3: heavy, short (80–90% for 10–20 m)
      Then deload volume or intensity in Week 4 before starting a new wave.
- Only push above ~90% of goal weight every 2–3 weeks, and then for very short distances or single runs.
- Progression options when a weight feels "easy":
    - Add 5–10% load while keeping distance.
    - Keep load and extend distance by 5–10 m.
    - Keep load/distance and cut rest times slightly.
- Hard stops: cut the set if you lose bracing, start "stutter-stepping," or feel grip peel; carries to technical failure beat you up far faster than they build you.

2. Warm-up before sled drags and tire flips

Think in three layers: global temperature, pattern rehearsal, and specific ramp-up.

- General warm-up (5–8 minutes):
    - Easy cyclical work (row, bike, jump rope, or light sled) until light sweat.
    - Dynamic mobility: leg swings, hip circles, walking lunges with reach, arm circles, thoracic rotations.
- Pattern-specific prep (5–10 minutes):
    - For drags: light backward and forward drags, 2–3 runs of 15–20 m, focusing on posture and rhythm.
    - For flips:
        - Hip hinge drills (RDLs with empty bar/band), 2–3 sets of 8–10.

        - 2–3 technique-only flips with a very light tire emphasizing stance, chest/shoulder position, and drive through the feet.
- Progressive build-up sets:
    - Sled: 3–5 build-up sets, increasing load by small steps until work weight, with each run at 50–70% of your working distance.
    - Tire: 3–4 build-up sets of 1–3 flips, gradually approaching your working tire.
- Criteria before going heavy:
    - Heart rate down to controllable between sets, no lumbar tightness or pinching, and technique feels automatic at submax loads.

3. Structuring recovery after heavy strongman days

Recovery must respect axial loading, grip fatigue, and soft-tissue trauma from carries and events.

- Immediate post-session (0–2 hours):
    - 5–10 minutes low-intensity walking or very light cycling.
    - Gentle stretching for hip flexors, hamstrings, hip rotators, pecs, lats; no aggressive static stretching directly on irritated joints.
    - Hydration and food: prioritize fluids, 20–40 g protein, and some carbs within a couple of hours to start refueling.
- Next day (“active recovery”):
    - Easy 20–40 minutes of low-impact cardio (walk, bike, swim).
    - Low-load, full-ROM work: bodyweight squats, split squats, band pull-aparts, light rows, light carries (e.g., light suitcase or goblet carries) to keep tissues moving.
    - Avoid heavy spinal loading and maximal grip work for at least 24–48 hours.
- Weekly structure around a heavy event day:
    - Place the heaviest strongman session after a rest or light day.
    - Follow it with a lighter technical day or full rest, not another max lower-body or heavy pull day.

    - Limit truly maximal strongman event sessions (heavy yoke/farmer/sled plus deadlift) to about once per week; other “event” exposures should be lighter, faster, or more technical.
- Monitoring fatigue:
    - If low-back tightness persists >48 hours, grip is “gone” for more than a day, or bar speed on standard lifts drops markedly, pull back volume or intensity the next week.

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14. https://www.reddit.com/r/weightroom/comments/91u470/weakpoint_wednesday_strongman_events_carries/

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